

In **2 Timothy 3**, the apostle Paul warns young Timothy that the end times will be especially dangerous because of the moral degeneration of mankind

*“For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good,”*

**(2 Timothy 3:2–3, NKJV)**

- And of course, this is the world in which we are now living

In the world, we now live it can be easy to feel defeated and overwhelmed yet the Bible shows us that through Jesus we are More than Conquerors

*“Yet in all these things we are more than conquerors through Him who loved us.”*

**Romans 8:37 NKJV**

In this series, we will see how we can be over-comers and live in victory in every area of life!

The Apostle John says we have the capacity to overcome the world and everything that is the enemy of Christ

*“For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God?”* **(1 John 5:4–5, NKJV)**

## Overcoming Fear

*“Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him. When He came to the place, He said to them, “Pray that you may not enter into temptation.” And He was withdrawn from them about a stone’s throw, and He knelt down and prayed, saying, “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.” Then an angel appeared to Him from heaven, strengthening Him. **And being in agony**, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground. When He rose up from prayer, and had come to His disciples, He found them sleeping from sorrow. Then He said to them, “Why do you sleep? Rise and pray, lest you enter into temptation.” And while He was still speaking, behold, a multitude; and he who was called Judas, one of the twelve, went before them and drew near to Jesus to kiss Him.” (Luke 22:39–47, NKJV)*

- Vs. 44 – Agony (*Great fear or maximum emotional stress; A contest or wrestling match – a fight for victory*)
- Even as Jesus was the most rejected person in history He also experienced more fear than any other person in history
- Luke, the physician mentions a condition not recorded in any of the other gospels

*Hematohidrosis is – a rare condition, in which a person is under so much stress the blood vessels under the skin constrict, rupture, and empty into their sweat glands*

Jesus experienced so much fear and stress in the Garden of Gethsemane that His blood vessels ruptured, and huge drops of blood

- Jesus endured what no other person has ever endured
- He took hell upon Himself so we could have heaven
- He suffered what no other person has suffered
- He experienced more fear than any other person has or ever will experience

### **Why Did Jesus Experience Fear?**

This is the only place recorded in the Bible where Jesus experienced fear

- He was on a boat that almost shipwrecked
- The Synagogue leaders tried to throw Him off a cliff
- He was not afraid in those situations
- Why in Gethsemane?

### **Jesus Was Fully Human**

*“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins.” (Hebrews 4:15–5:1, NKJV)*

- Not only was Jesus fully human, He still is
- He is fully God, but also fully man

When Jesus lived on the earth He lived in a physical body

- When we pray we need to remember that Jesus can have compassion on us when we are ignorant and go astray
- He, Himself was subject to weakness

Because He experienced fear we can have confidence when we pray

- He can be compassionate to us
- We all experience fear

Fear is probably one of the most common themes in our prayer life

- We have an opportunity to go to the Throne Room every day to obtain grace
- We don't have to get our act together to approach God

You can just tell Him you are scared, and He knows what you are feeling

### **Jesus Knew Everything That Would Happen to Him**

- You and I often fear the unknown
- However, there is something worse than fearing the unknown
- Jesus foresaw everything that would happen to Him

He knew people would slap Him and spit in His face

- They would pluck His beard out
- They would put a crown of thorns on His head
- They would mock Him and whip Him
- They would make Him carry His cross and nail Him to it

He knew He would become sin and sickness for every person that has ever or will ever live

- The Father would turn on Him and reject Him
- Demons were allowed to feast on Him for hours
- Finally, he suffered a human death

What was Jesus afraid of?

- Rejection, suffering, humiliation
- He knew every detail of what was about to happen to Him
- And He was afraid

When we go before Jesus in prayer and tell Him we are afraid of

- Rejection, suffering, humiliation, sickness, pain, poverty, or anything else
- Jesus understands and has compassion for us

### **Jesus Was Under Attack By Satan**

- Jesus was in the wilderness, and Satan came to tempt Him
- Jesus won the battle
- **Matthew 4:1-11; Luke 4:1-13**

*“Now when the devil had ended every temptation, he departed from Him until an opportune time.” (Luke 4:13, NKJV)*

An evil person will attack someone when they are most vulnerable

- Jesus knew He was about to be betrayed by one of His closest friends and die a gruesome death
- He cried out to His Father as Satan attacked Him with a spirit of fear

*“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (2 Timothy 1:7, NKJV)*

- Fear is not just an emotion
- Fear is a demonic spirit used to control people
- God will never use fear to accomplish anything in our lives
- He gives us a sound mind to face and defeat the attacks of the spirit of fear

*“Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.” (Hebrews 2:14–15, NKJV)*

- Satan uses the fear of death to control our lives
- We all have our particular fears and phobias, but almost every fear can be traced back to a fear of death
- We are not afraid of *being poor, or heights, or bugs and snakes*
- We are afraid of the results of those particular things
- *Starving to death, falling from heights to our death, or bites that can cause death, etc.*

*“Jesus said to her, “I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?”*

**(John 11:25–26, NKJV)**

- Satan holds us in bondage through the fear of death throughout our lives
- The Good News is that Jesus died on the cross, defeated Satan, took back the power over death and rose again!
- You and I will never experience death

I am not saying that your body will not wear out and expire one day

- The minute your eyes close here, they open in heaven
- The minute you stop breathing here, you start breathing in heaven
- The minute your senses are dull here, they become alive in heaven
- We are born-again believers!

People who fear death and do not understand what Jesus has done live under Satan’s control

- Jesus experienced fear so He could relate to us and intercede on our behalf

*There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love.*

**(1 John 4:18 MSG)**

## **Good Fear and Bad Fear**

### **Good Fear is Circumstantial, protective, instructive, and empowering**

Driving down a street and you swerve to miss a car driving right towards you, or you are in a life-threatening situation

- Fear would make you swerve away to save your life, or leave the threatening situation
- The fear was not there before the circumstance and goes away after the situation
- That is good fear

### **Bad Fear is Perpetual, paralyzing, confusing, fatalistic, and enslaving**

Bad fear will cause us to live with a constant underlying fear that something bad is going to happen to us – anxiety

- *“I am going to go broke” “I am going to die” “someone is going to attack and hurt me”*
- No matter the situation the fear remains
- Anxiety wears us out and causes us to become depressed
- Your emotions cannot handle long-term anxiety without devastating consequences

*Satan uses fear to paralyze us and keep us from living in the will of God, however, Jesus empowers us through peace, as He is the prince of peace*



*“For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.” (Isaiah 9:6, NKJV)*

*“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” (John 14:27, NKJV)*

Jesus has faced fear so that you and I can draw from His compassion, pray, and receive His peace

*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.” (Philippians 4:6–9, NKJV)*

Why does Jesus use peace to empower us?

- He is full of it
- He thinks peaceful thoughts
- He feels peaceful feelings and He is controlled by peace!
- Therefore, He leads by peace!

*“And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.”*

**(Colossians 3:15, NKJV)**

- Don't be ruled by fear, be ruled by peace

In as much as we can recognize God's presence by His peace, we can recognize Satan's presence by fear

- Because the enemy has been defeated he is full of fear
- That is why he tries to control us with fear
- He feels fear, he thinks fear and is controlled by fear

## **How To Overcome Fear**

### **Admit Your Fear Without Shame**

*“Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”*

**(Matthew 26:38, NKJV)**

- Jesus makes this statement in the Garden of Gethsemane
- He then takes Peter, James, and John further and pours out His heart
- *I am dying. I am unbelievably upset right now, guys. Would you please pray with me?*

Jesus then turns, gets down on His knees, and prays...

*Daddy, I am scared, I do not want to die on the cross. I do not want to do this. If there is any way would you let me out of this situation?*

- He prays this three times
- Jesus admitted His fear without shame

### **Submit Your Fear to God**

*“saying, “Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done.”*

**(Luke 22:42, NKJV)**

- We all have fear
- Don't stick out your chest and say, *“I can do this on my own. Fear can't get the best of me.”*
- The only way to get the victory is to humble ourselves and let Jesus take it from us

This is what it looks like to submit our fear to God

*“But He gives more grace. Therefore, He says: “God resists the proud, But gives grace to the humble.”* **(James 4:6, NKJV)**

- Grace empowers us to face a fearful situation  
– **2 Corinthians 12:9**
- Your feelings are not your master – God is
- You may feel afraid, but you chose to not act on your feelings
- Let God's word direct your life!

When we make decisions based on fear things will rarely, if ever work out well

- I regret every decision I have made out of fear
- The more decisions you make out of fear, the bigger the spirit gets, and the more it controls your life
- If you want to starve a monster stop feeding it!

*“Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Proverbs 3:5–6, NKJV)*

- Just because you feel something doesn't make it true
- Just because your emotions are real doesn't mean they are right
- Fear is real but it is not always right
- Jesus prayed...

*This is real, Father, but You tell me what is right*

We need to learn how to live by the Word of God not our emotions

*“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”*

**(Joshua 1:8, NKJV)**

- The more you act out in faith the freer you become, and the more your life will turn out for good

## Focus On God's Presence and Love

*“And being in agony, He prayed more earnestly.”*

**(Luke 22:44, NKJV)**

- The more Jesus hurt, the more He prayed
- He kept His eyes on God

*“Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.”* **(Psalm 23:4, NKJV)**

- David was facing a near-death experience but because he kept his eyes on God he declares, *“I will fear no evil”*

Jesus overcame fear by quoting scripture all the way to the cross

*“I have set the LORD always before me; Because He is at my right hand I shall not be moved. Therefore my heart is glad, and my glory rejoices; My flesh also will rest in hope. For You will not leave my soul in Sheol, Nor will You allow Your Holy One to see corruption. You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.”* **(Psalm 16:8–11, NKJV)**

- This is how Jesus made it
- The devil wants to take the spirit of fear and wave death in your face
- But God is with us, He will never leave – **Hebrews 13:5-6**

Jesus didn't run from the cross, He went willingly, and He died on it

Sometimes God will deliver us from our fears, but many times He delivers us “*in*” our fears

- Jesus felt fear but He faced the fear of death
- Sometimes you just have to face your fears

You may be afraid of rejection, intimacy, being vulnerable, or loving people

- But God wants us to love people
- Amid loving others, we will be set free

Perhaps you fear poverty, you want to prosper, but you're afraid

- God wants you to give and in giving you will be set free

Sometimes you have to run towards the roar to kill the lion!

*“looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.” (Hebrews 12:2–3, NKJV)*